



Harvest of the Month[®]

Network for a Healthy California



2009—2010

6th Grade Workbook



Name _____

Introduction

Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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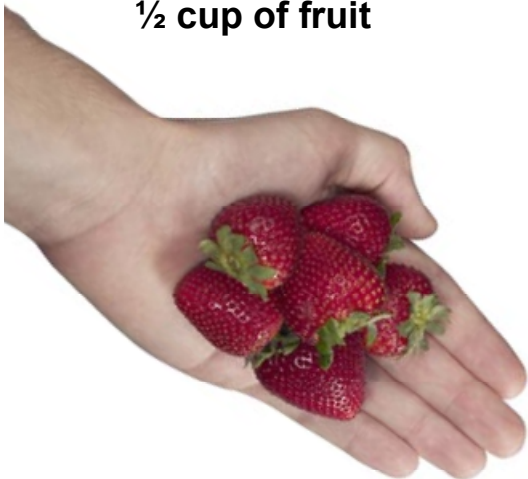
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The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

½ cup of fruit



½ cup of vegetables



1 cup of fruit

1 cup of raw leafy greens



½ cup of vegetables



½ cup of vegetables



¼ cup of dried fruit



Fruit or Vegetable	Date	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
Apple 						
Roots & tubers 						
Cooked greens 						
Beans 						
Grapefruit 						
Beets 						
Peppers 						
Cucumber 						
Berries 						
Corn 						

The **September** Harvest of the Month featured fruit is **apples**



- Apples are a good source of fiber and vitamin C.
- Apples are a source of potassium, which helps maintain a healthy heart.
- Apples are best when eaten with the peel, as that is where most of the fiber is found.

THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is a high, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and what nutrients they are high in or a good source of.

For example, we can say that one medium apple is a good source of fiber because the % Daily Value for fiber is 15%.

Nutrition Facts	
Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%



5% or less = Low Source
10-19% = Good Source
20% or more = High Source

One medium apple is 12% of the Daily Value for vitamin C. Is one medium apple a low, good, or high source of vitamin C? _____

List six adjectives to describe the way apples taste, look, or smell. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



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Read It Before You Eat It

The Nutrition Facts labels are the best way to know more about the food you are going to eat.

How many servings are you eating?

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250 Calories from Fat 110			
% Daily Value*			
Total Fat	12g		18%
Saturated Fat	3g		15%
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	20%	•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

Source: Team Nutrition

This nutrition facts label is for macaroni and cheese.

- What would be considered a high % Daily Value? _____%
- Are there any nutrients on this food label that are a high source? What are they?
a) _____ b) _____
- Of those two nutrients in question 2, which nutrient should you get enough of?



The **October** Harvest of the Month featured vegetable is **roots & tubers**



- Root vegetables are the roots of plants that are eaten as vegetables. Roots include carrots, sweet potatoes, turnips, jicama, rutabaga, and beets.
- Tubers are different from roots because they are big underground stems. Tubers store energy for the plant. Tubers include potatoes and yams.
- The Irish were among the first Europeans to recognize potatoes as a valuable source of nutrition.



List six adjectives that describe the way roots and tubers taste, look, or feel. You can use the list of adjectives on page 27 to help you.

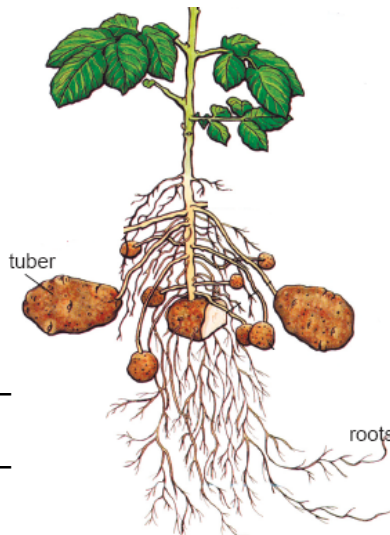
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Nutrition Facts

Serving Size: ½ small russet potato, baked with skin (69g)	
Calories 67	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Calcium 4%
Vitamin C 27%	Iron 3%

What is your favorite tuber?

What is a healthy way to make your favorite tuber?



What is your favorite root vegetable?

What is a healthy way to make your favorite root vegetable?

rutabaga

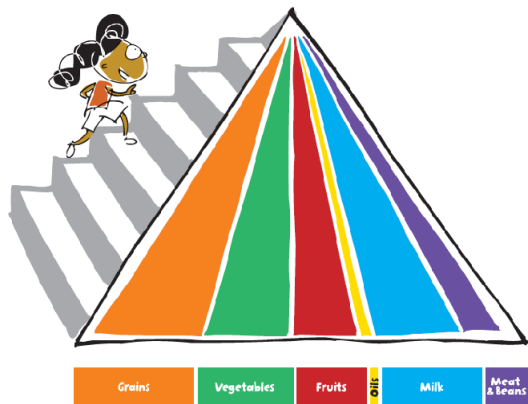


turnip

jicama



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MyPyramid.gov

There are five colors that represent the food groups: orange, green, red, blue, and purple. Yellow represents oils, but it is not a food group. Remember to eat foods from each food group every day.

FOOD GROUP	DAILY GOAL
GRAINS	6 ounce equivalents (1 ounce equivalent = 1 slice bread, 1 cup dry cereal, ½ cup cooked rice, cooked pasta, or cooked cereal)
VEGETABLES	2½ cups (1 cup = 3 spears of broccoli, 2 cups of raw leafy greens, 1 large pepper, 1 medium potato. ½ cup = 6 baby carrots, 1 small ear of corn, 1 small tomato)
FRUIT	1½ cups (1 cup = 1 large banana, 1 small apple, 1 small orange, 1 cup of 100% fruit juice, ½ cup of dried fruit)
MILK (DAIRY)	3 cups (1 cup milk = 1 cup yogurt or 1½ ounces of cheese)
MEATS & BEANS	5 ounce equivalents (1 ounce equivalent = 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 tablespoon peanut butter, ½ ounce nuts, ¼ cup dry beans)

Now that you learned the daily amount you should eat from each food group, plan a meal using food from each food group and write down the amount. Use the list of foods on page 25 to help you.

FOOD	FOOD GROUP	AMOUNT

The **November** *Harvest of the Month* featured vegetable is **cooked greens**



collard greens

- Cooked greens include bok choy, collards, kale, and Swiss chard.
- A ½ cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K.
- A Southern tradition in the United States is to eat collard greens on New Year's Day to guarantee wealth in the coming year because their leaves look like folded money.

List six adjectives that describe the way cooked greens taste, feel, or look. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Nutrition Facts

Serving Size: ½ cup cooked collard greens (95g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 154%	Calcium 13%
Vitamin C 29%	Iron 6%

NUTRITION FACTS

A ½ cup of cooked greens are a high source of vitamin____, vitamin____, and vitamin_____.

Use the glossary of nutrients on page 28 to define vitamin K.



kale



bok choy



Swiss chard



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Start Smart with Breakfast



BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY.

Breakfast helps you:

- Improve your grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

Eating breakfast helps you grow healthy and strong. A nutritious breakfast also fuels your body, giving you the energy needed to start a new day.



WHAT MAKES A HEALTHY BREAKFAST?

You should have three or more food groups in your breakfast (grains, fruits, vegetables, milk, or meat & beans). It is also important to include a food from either the milk group or the meat & beans group in your breakfast.

CREATE THREE MENUS OF A HEALTHY BREAKFAST

You can look at the list of foods on page 25 for ideas.

BREAKFAST MENU 1

BREAKFAST MENU 2

BREAKFAST MENU 3



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The **December** Harvest of the Month featured vegetable is **beans**



- A ½ cup of most beans are a high source of fiber.
- Garbanzo beans are called chickpeas because each bean has a small beak that looks like a chick's beak.
- Beans were found in Egyptian pyramids that were built more than 4,000 years ago.

Garbanzo bean



List six adjectives to describe the way beans taste, smell, or feel. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Nutrition Facts

Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

NUTRITION FACTS






A ½ cup of garbanzo beans have _____ grams of fiber.

Use the glossary of nutrients on page 28 to write the definition of fiber.



Important Nutrients

Every fruit and vegetable has a different combination of nutrients that help promote better health. Eating colorful fruits and vegetables helps us get the nutrients our bodies need.

NUTRIENT	WHAT IT DOES	WHERE IT'S FOUND
Vitamin A	<ul style="list-style-type: none"> Helps keep your skin healthy Important for night vision 	cantaloupe, carrots, sweet potatoes, spinach, and broccoli 
Vitamin C	<ul style="list-style-type: none"> Important for keeping your gums and skin in good shape Helps your body heal cuts 	cabbage, kiwi, oranges, bell peppers, and strawberries 
Calcium	<ul style="list-style-type: none"> Most important mineral for bone health Makes your bones and teeth strong and healthy 	green leafy vegetables, like broccoli and cooked greens 
Iron	<ul style="list-style-type: none"> Helps carry oxygen from your lungs to the rest of your body 	dried fruit, spinach, and broccoli 
Fiber	<ul style="list-style-type: none"> Helps keep your digestive system healthy May help lower your cholesterol 	all fruits and vegetables 

Test Your Knowledge!

Complete the paragraph by choosing the correct missing word.

Every fruit and vegetables has a different combination of _____
that help promote better health. Vitamin _____ helps keep your skin healthy. _____ helps
carry oxygen from your _____ to the rest of your body. Vitamin C is important for keeping
your _____ and _____ in good shape. _____ is the most
important mineral for bone health. Fiber helps keep your _____
healthy. All _____ & _____ have _____.



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The **January** Harvest of the Month featured fruit is **grapefruit**



- A ½ of a medium grapefruit is a high source of vitamin C.
- Grapefruit is a source of magnesium.
- Grapefruit was named by a Jamaican farmer who saw the way it grows in groups – like grapes – on the tree. Grapefruit has grown in groups with as many as 25 fruits.

List six adjectives to describe the way grapefruit taste, look, or smell.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Nutrition Facts

Serving Size: ½ medium grapefruit (123g)	
Calories 46	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

NUTRITION FACTS

A ½ of a medium grapefruit is a high source of vitamin _____.

What is the % Daily Value for vitamin C in ½ of a medium grapefruit? _____.

Use the glossary of nutrients on page 28 to define vitamin C.



Health Benefits of Physical Activity

Physical activity can bring you many health benefits. It is good to be physically active on a regular basis. Physical activity can make you look and feel great and give you more energy. You may feel more relaxed and be less stressed if you are physically active.

Also, you can get to and keep a healthy body weight if you are physically active every day. Being physically active will also help your body because it lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer. When you are physically active, you are helping to build and keep healthy bones, muscles, and joints.

SOURCE: *Network for a Healthy California*



List five benefits of physical activity.

1. _____

2. _____

3. _____

4. _____

5. _____



What are your two favorite physical activities?

1. _____

2. _____



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The **February** Harvest of the Month featured vegetable is **beets**



- Beets are a root vegetable that grow underground.
- The green leaves of beets have been eaten before written history. The leaves are a source of calcium and iron.
- Beet juice and beet powder are used as a natural food coloring and to dye make-up and clothes.

List six adjectives to describe the way beets taste, feel, or look.

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____



Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 1g

Vitamin A 1% Calcium 1%

Vitamin C 5% Iron 4%

NUTRITION FACTS

A ½ cup of beet leaves have 8% Daily Value for calcium.

Use the glossary of nutrients on page 28 to write the definition of calcium.



Physical Activity Scoreboard

HOW MANY MINUTES OF PHYSICAL ACTIVITY DO I NEED EVERY DAY FOR GOOD HEALTH?

To take care of your body, you need at least 60 minutes of moderate-intensity physical activity every day.



WHAT IS MODERATE-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity gets you up and moving and makes your heart beat faster. Examples include brisk walking, biking, taking the stairs, and dancing. A person who is being physically active at a moderate-intensity level should be able to carry on a conversation comfortably with their activity partner.

SETTING MY PHYSICAL ACTIVITY GOAL

My goal is _____ minutes of moderate/vigorous physical activity every day.

What did you do today during recess? _____



How could you increase your physical activity next week? What are some other things you can do outside of school to help meet your goal? Make a plan for physical activity below. Look on page 26 to get ideas from the MyActivity Pyramid.

EXAMPLE	MON	TUES	WED	THURS	FRI
Activity: <i>Playing at recess and lunch</i>	Activity:	Activity:	Activity:	Activity:	Activity:
Minutes: 45	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activity: <i>Walking home from school</i>	Activity:	Activity:	Activity:	Activity:	Activity:
Minutes: 15	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Total: 60	Total:	Total:	Total:	Total:	Total:

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SOURCE: Network for a Healthy California

The **March** Harvest of the Month featured vegetable is **peppers**



- There are two categories of peppers: hot and sweet.
- A ½ cup of sweet green bell peppers is a high source of vitamin C. A ½ cup of sweet red bell peppers is a high source of vitamin A.
- By weight, hot peppers contain 357% more vitamin C than an orange.



List six adjectives that describe the way peppers taste, look, or sound.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Nutrition Facts

Serving Size: ½ cup sweet green peppers, chopped (75g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%



NUTRITION FACTS

A ½ cup of sweet green bell peppers is a high source of vitamin_____.

A ½ cup of sweet red bell peppers is a high source of vitamin_____.

Use the glossary of nutrients on page 28 to define vitamin A.



My Meal Plan

Use this worksheet to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review October's Harvest of the Month page to find out how many cups of fruits and vegetables you need for your plan. Use the list of foods on page 25 to help you.



- For each meal, you should include at least three food groups. Your meals should include:
 - a food from the dairy group or a food from the meat & beans group
 - at least one fruit or vegetable with each meal
- You can choose one or two food groups for a snack.

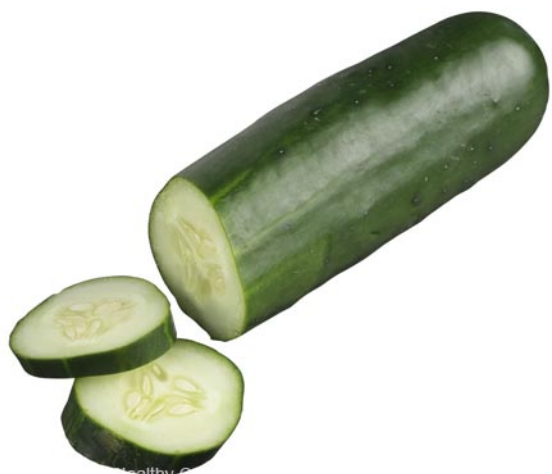
Meals

Snacks

BREAKFAST: <ul style="list-style-type: none"> <input type="checkbox"/> Grains _____ <input type="checkbox"/> Fruit _____ <input type="checkbox"/> Vegetable _____ <input type="checkbox"/> Dairy _____ <input type="checkbox"/> Meat & Beans _____ 	MORNING SNACK: (recess)
LUNCH: <ul style="list-style-type: none"> <input type="checkbox"/> Grains _____ <input type="checkbox"/> Fruit _____ <input type="checkbox"/> Vegetable _____ <input type="checkbox"/> Dairy _____ <input type="checkbox"/> Meat & Beans _____ 	AFTERNOON SNACK:
DINNER: <ul style="list-style-type: none"> <input type="checkbox"/> Grains _____ <input type="checkbox"/> Fruit _____ <input type="checkbox"/> Vegetable _____ <input type="checkbox"/> Dairy _____ <input type="checkbox"/> Meat & Beans _____ 	<p>When you are finished with your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them. Make sure you get the recommended amount for good health.</p>

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The **April** Harvest of the Month featured vegetable is **cucumber**



- Cucumbers are 96% water.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- The British have a plant they call the “squirting cucumber.” This strange fruit pops open and shoots seeds up to 60 miles per hour.

List six adjectives that describe the way cucumbers taste, sound, or feel.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 0g

Vitamin A 1% Calcium 1%

Vitamin C 3% Iron 1%

Write a 4-5 sentence paragraph describing cucumbers. Use at least three adjectives from above.



Rethink Your Drink

THE AVERAGE PERSON EATS 123,421 TEASPOONS OF SUGAR EACH YEAR!

Eating too much sugar can lead to:

- dental cavities
- weight gain and obesity, which can lead to heart disease, diabetes and some types of cancer.

Sugar can be in foods and drinks in two ways:

1. Naturally like in fruit and dairy products, which is ok!
2. Added to the food or drink. Try to avoid eating and drinking foods that have added sugar.

The best drinks to choose are water, nonfat or lowfat milk, and no more than 2 cups of 100% juice a day.



HOW MANY TEASPOONS OF SUGAR ARE IN YOUR FAVORITE DRINK?



4 grams of sugar =
1 teaspoon of sugar

A student your age who is moderately active should not have more than 8 teaspoons of added sugar each day. Source: USDA Dietary Guidelines for Americans.

Name	Grams of Sugar	Teaspoons of Sugar
12 ounce can of soda	39 grams	$\div 4 =$
16 ounce energy drink	54 grams	$\div 4 =$
20 ounce sports drink	34 grams	$\div 4 =$
8 ounce orange flavored drink	22 grams	$\div 4 =$
Water	0 grams	$\div 4 =$



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The **May** Harvest of the Month featured fruit is **berries**



- A ½cup of most berries is a high source of vitamin C.
- The colonists learned from Native Americans how to gather blueberries, dry them under the summer's sun, and store them for the winter.
- Raspberries can be grown from the Arctic to the equator.

List six adjectives that describe the way berries taste, look, or smell.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%



Make a list of 4 different berries.

1. _____
2. _____
3. _____
4. _____



Keeping F.I.T.T.

The FITT formula, which stands for **Frequency, Intensity, Type, and Time**, can help you be more physically active. You can achieve greater health benefits and enjoyment by increasing the frequency, intensity, or time of your physical activities.



F STANDS FOR FREQUENCY



Frequency is how often you do physical activity to help your body be healthy. It is best to be physically active every day. If you are not physically active every day, do simple and fun activities, like walking, bicycling, and dancing.

List two times during the day that you can add physical activity.

1) _____ 2) _____

I STANDS FOR INTENSITY

Intensity is related to how hard you breathe, how fast your heart beats, and how warm your body feels when doing physical activity. As you do more physical activity every day, you can slowly increase your intensity by walking more quickly and pumping your arms, bicycling up hills, and dancing at a fast pace with family and friends.

T STANDS FOR TYPE

Type is related to the type of physical activity you do. It is important to do different activities you enjoy, like walking fast, bicycling, dancing, playing soccer, and swimming, to help you get the recommend level of physical activity. Look on page 26 for different types of physical activities.



Which two activities will you do more frequently?

1) _____ 2) _____

T STANDS FOR TIME



Time is related to how long you spend doing physical activity. It is important to do fun, moderate-intensity physical activity like walking fast, bicycling, and dancing for at least 60 minutes every day. This can be done all at once or 10 to 15 minutes at a time.

Make a goal of the length of time you will spend doing these activities.

1) _____ 2) _____



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SOURCE: *Network for a Healthy California*



The **June** Harvest of the Month featured vegetable is **corn**



- Corn is a good source of thiamin.
- Corn is grown on every continent of the world except Antarctica.
- Scientists believe people living in Central Mexico were the first to grow corn. Ears of corn have been found in caves in Mexico that date back 7,000 to 8,000 years ago.

List six adjectives to describe the way corn tastes, sounds or looks.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____



Nutrition Facts

Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 2%

List three different foods that are made from corn.

1. _____
2. _____
3. _____



Fruit and Vegetable Myths BUSTED

Sometimes you might hear things about food that may or may not be true. It is important that you know the facts so you can make healthy choices about the food you eat.

MYTH #1

Fresh fruits and vegetables are healthier than frozen or canned.

FACT

Research shows frozen and canned fruits and vegetables are as nutritious as fresh fruits and vegetables. In fact, canned tomatoes, corn and carrots are sometimes better nutritional choices.



MYTH #2

Eating carbohydrates causes weight gain.

FACT

Too many calories no matter what the source, carbohydrates, protein, and fat causes weight gain. A diet high in carbohydrates does not mean your body will turn it into fat (if it's not high in calories). Grains, fruits, vegetables and most dairy products have carbohydrates. Your body needs carbohydrates for energy and for your brain and body to work the right way.

Adapted from: American Dietetic Association

Answer the following questions by circling true or false

1. T F I should only eat fresh fruits and vegetables.
2. T F Frozen vegetables are a healthy choice.
3. T F Eating carbohydrates will make me gain weight.
4. T F My body needs carbohydrates to be healthy.
5. T F A good way to lose weight is cutting out foods from the grains group.

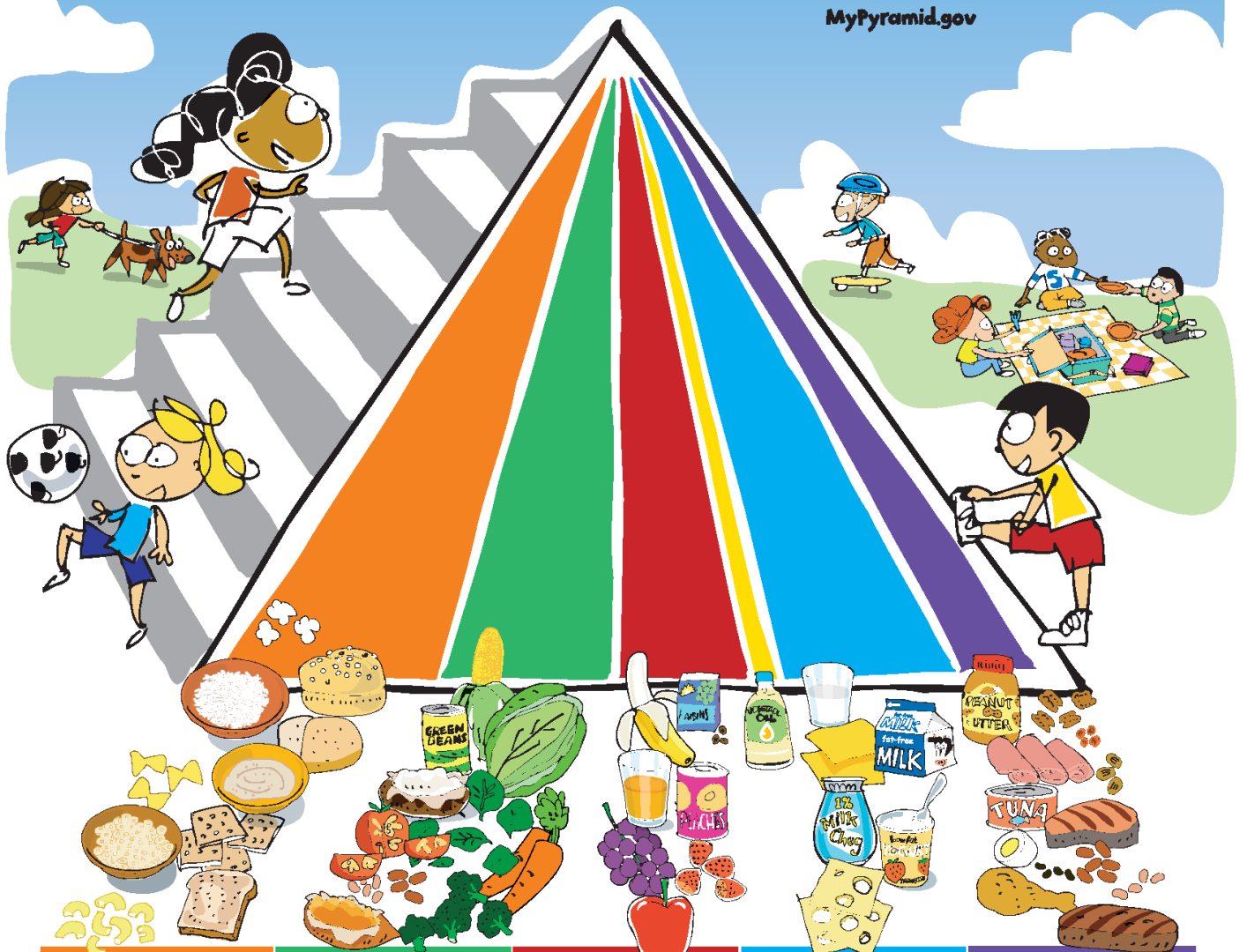


For important information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!



Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Foods Found in MyPyramid



Brown rice	Cornbread
Buckwheat	Corn tortillas
Oatmeal	Couscous
Popcorn	Crackers
Whole wheat cereal	Flour tortillas
Ready to eat breakfast cereal	Grits
Whole grain barley	Noodles
Whole grain cornmeal	Spaghetti
Whole rye	Macaroni
Whole wheat bread	Pitas
Whole wheat crackers	Pretzels
Whole wheat pasta	Corn flakes
Whole wheat tortillas	White rice
Wild rice	



Bok choy	Corn
Broccoli	Green peas*
Collard greens	Potatoes
Dark green leafy lettuce	Artichokes
Kale	Asparagus
Mustard greens	Bean sprouts
Lettuce	Beets
Spinach	Brussels sprouts
Turnip greens	Cabbage
Squash	Cauliflower
Carrots	Celery
Pumpkin	Cucumbers
Sweet potatoes	Eggplant
Black beans*	Green beans
Black-eyed peas*	Bell peppers
Garbanzo beans (chickpeas)*	Mushrooms
Kidney beans*	Okra
Lentils*	Onions
Lima beans*	Zucchini
Pinto beans*	Turnips
Soy beans*	Tomatoes
Split peas*	Tomato juice
Tofu	Vegetable juice

*beans and peas can also go in the meats & beans group



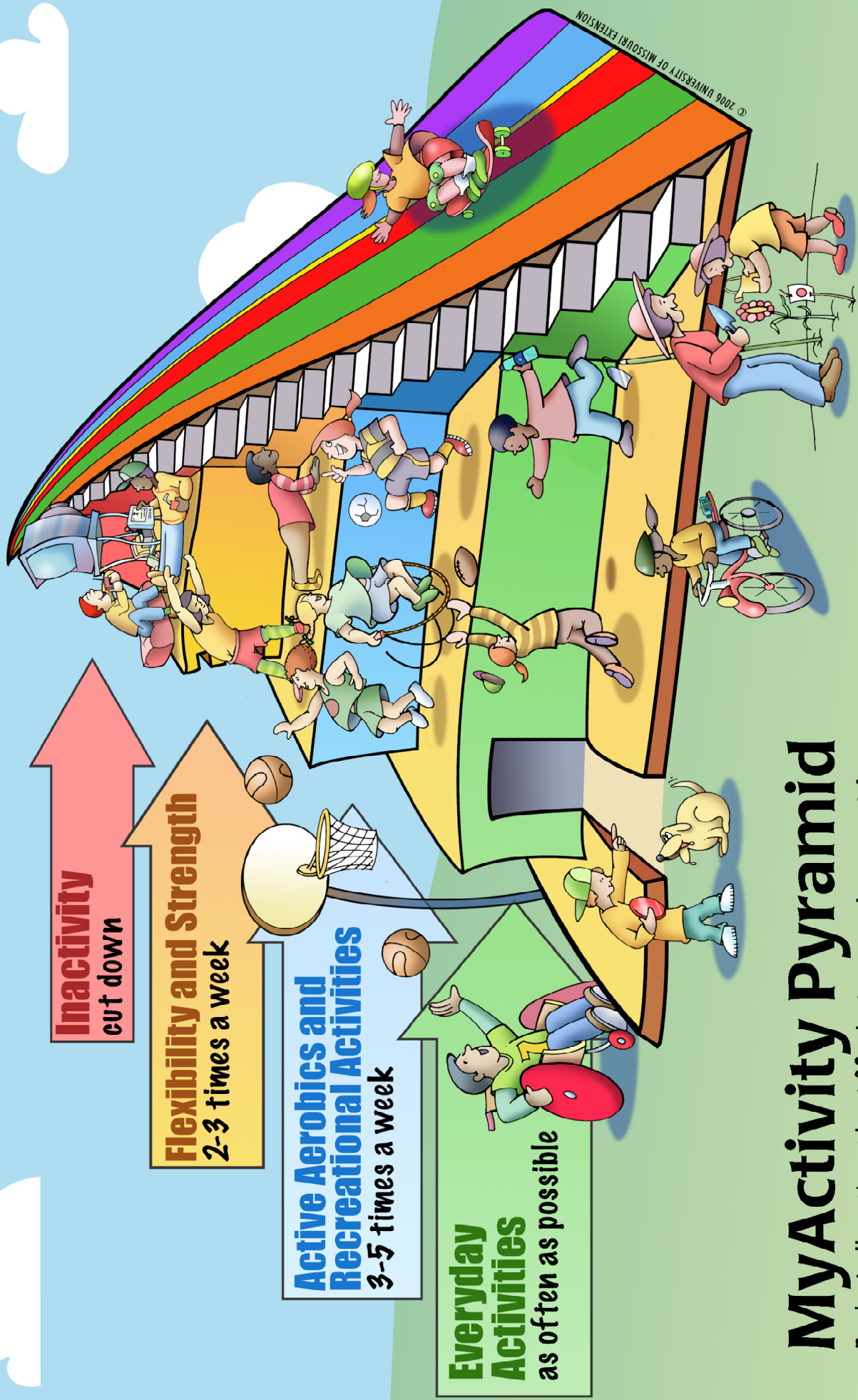
Apples	Oranges
Apricots	Peaches
Avocado	Pears
Bananas	Papaya
Strawberries	Pineapple
Blueberries	Plums
Raspberries	Prunes
Cherries	Raisins
Grapefruit	Tangerines
Grapes	100% orange juice
Kiwi fruit	100% apple juice
Lemons	100% grape juice
Limes	100% grapefruit juice
Mangos	
Cantaloupe	
Honeydew	
Watermelon	



Milk	Yogurt
Cheddar cheese	Cottage cheese
Mozzarella cheese	Ice milk
Swiss cheese	
Parmesan cheese	



Chicken	Ham	Veggie burger	Almonds	Sunflower seeds	Pecans
Turkey	Lamb	Tempeh	Cashews	Pistachios	Walnuts
Beef	Pork	Peanut Butter	Peanuts	Sesame seeds	Beans and peas
Eggs	Fish				(see vegetables)

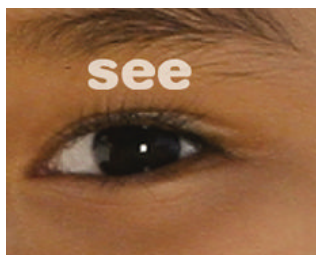


MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round



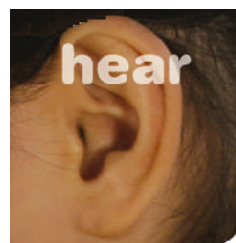
Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy



Sweet
Sour
Bitter



Crunchy
Crisp
Juicy

Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

FOLATE This B vitamin helps lower a women's risk of having a child with certain birth defects.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

MAGNESIUM This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

POTASSIUM This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

RIBOFLAVIN This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

THIAMIN The B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

VITAMIN K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

ZINC This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

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ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, Program Coordinator
Farrah Northcott, MS, RD, Nutrition Specialist
Cindy Young, MPH, RD, Nutrition Specialist
Alma Gonzalez, Nutrition Educator
Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Susan Ahn, 3rd grade, Burbank Elementary School
Paula Bently, Kindergarten, Palms Elementary School
Ranida Delarosa, 4th grade, Burbank Elementary School
Vicki Ferguson, 4th grade, Aloha Elementary School
Linda Flores, 1st grade, Melbourne Elementary School
Diane Gott, 5th grade, Palms Elementary School
Susan Green, 5th grade, Melbourne Elementary School
Debby Hakola, 3rd grade, Hawaiian Elementary School
Rocio Hernandez, 2nd grade, Hawaiian Elementary School
Anne Kim, 1st grade, Burbank Elementary School
Greg Lewis, 6th grade, Niemes Elementary School
Ji Lim, Kindergarten, Burbank Elementary School
Diana Munoz, 6th grade, Willow Elementary School
Rosa Nicasio de Lis, Kindergarten, Furgeson Elementary School
Kim Patag, 1st grade, Willow Elementary School
Laura Robillos, 2nd grade, Niemes Elementary School
Danielle Saldavia, 6th grade, Aloha Elementary School
Heather Thimmes, 4th grade, Melbourne Elementary School
Kathi Trosino, 2nd grade, Palms Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator
Danielle Agaloff, Teacher Advisor
Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Contributing Teachers from Downey Unified School District

Alyssa Barclay, 2nd grade, Rio Hondo Elementary School
Jackie Campbell, 2nd grade, Rio Hondo Elementary School
Noreen Gasdia, Kindergarten, Rio Hondo Elementary School
Virginia Molletti-Bovey, 1st grade, Rio Hondo Elementary School
Theresa Petit, 2nd grade, Rio Hondo Elementary School
Sylvia Vaughn, 1st grade, Rio Hondo Elementary School

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